



THE NEIGHBORHOOD NOOK

BRINGING PEOPLE TOGETHER

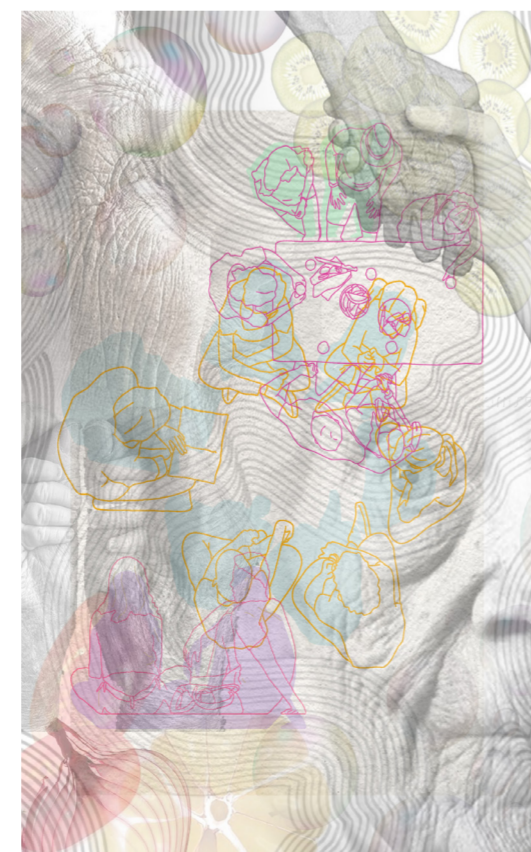


In a world of interconnection and single unified individuals, 50% of over 60s are at risk of loneliness and social isolation. The support for these groups are limited with 1 in 4 elderly people experiencing loneliness at some point in their life. This can be associated with decreased resistance to infection, cognitive decline, and mental health conditions such as depression and dementia. Social isolation has serious health consequences which are comparable to smoking daily, excessive drinking and obesity.

The Neighbourhood Nook is a diverse and inclusive bakery focused on reducing social isolation and loneliness of all ages ranging from younger and elderly generations. Located in the heart of Birmingham's city centre the bakery is a hot spot for connection and interaction opportunities as well as relying on collaboration between local residents, schools and care facilities of Birmingham. This project aims to connect the local community through food and engaging in day to day activities offering respite from the strain of daily



130 Colmore Row, Birmingham B3 3AP



PRECEDENT

OLD PEOPLES HOME FOR 4 YEAR OLDS

This experiment, carried out with specialist advice from Dr Melrose Stewart and Dr Zoe Wyrko, was designed to reduce isolation of older people in communities. The experiment paired residents from a care home with preschoolers. The experiment measured the impact of intergenerational interaction on health and happiness of the older group. At the start the elderly participants were measured on cognition, mood and depression levels. By the end of the trial 80% of participants showed improvements.



SECTION AA

BY LUCY SKELTON



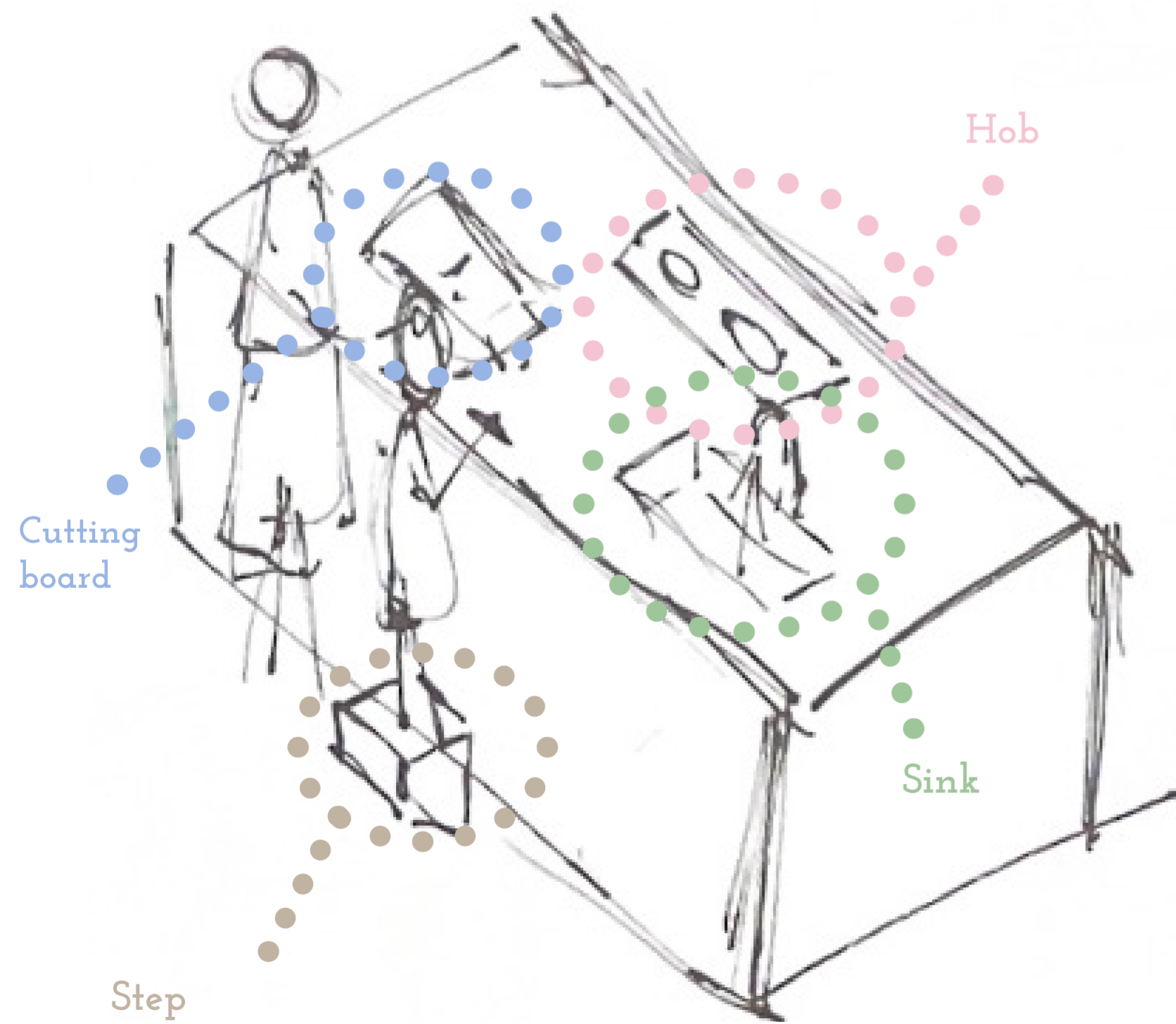
THE BAKERY

THE USERS NEEDS

THE ELDERLY, CHILDREN AND EMPLOYEES



Using personal experience as influence for this project, it is important to understand how each design will impact a person with dementia as it affects a wide range of people in the United Kingdom as people age. Relating on personal experience of living and caring for a person living with dementia means it is easy to understand what can improve a person's quality of life. It was found that the person living with dementia would improve and engage with conversation more when included in family activities like family meals. The person with dementia would engage more in conversation when surrounded with the whole family compared to when the person was surrounded by one or two family members. The person was encouraged by younger family members to move around more often and encourage them to play and read books with them. This improved their mental and physical health. The family would eat a range of home cooked meals ranging from Christmas dinners, BBQs and buffets depending on the occasion and season. All meals would be eaten together around a long table to encourage conversations between different generations.



This concept of communal eating can be used in the design to encourage the conversations between different generations. The idea for the communal kitchen is for children and the elderly to come together to cook then eat together. The sketch above shows how the space could incorporate cooking stations that can be used and adapted to fit the concept for this project by changing the equipment to fit the cooking activities that will be in the space.



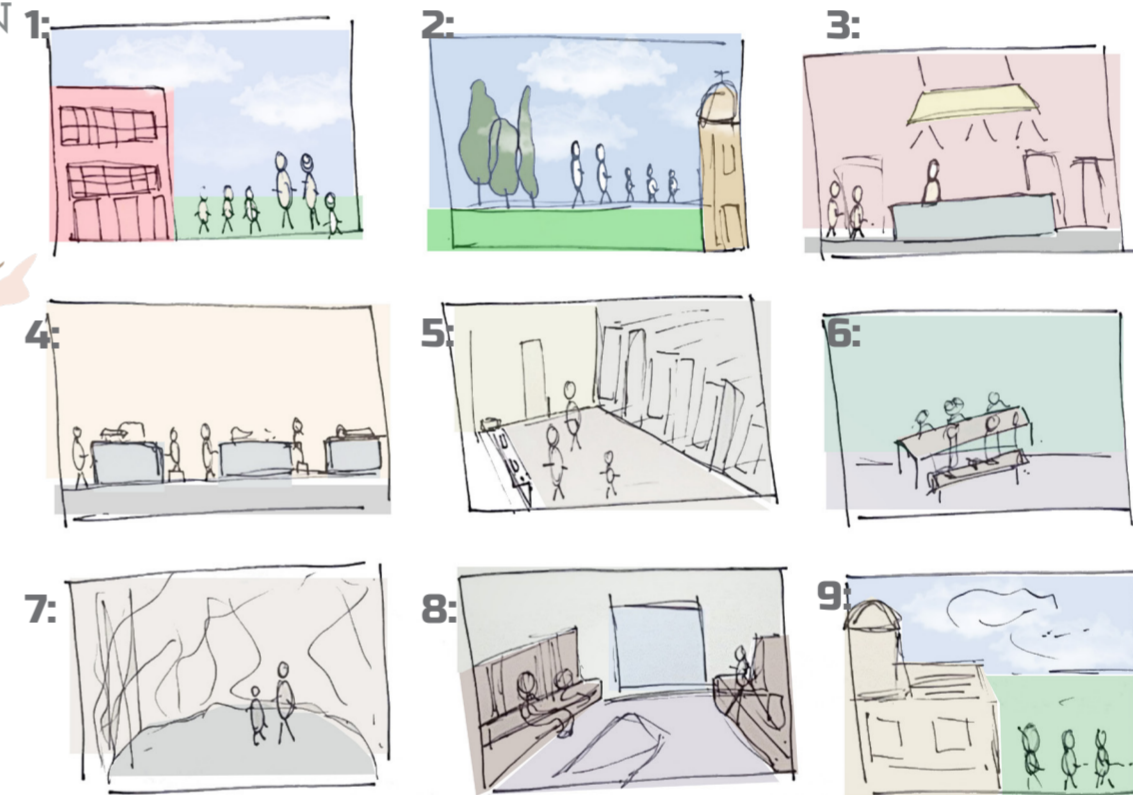
Scan the QR code or to hear more about a user's personal experience with baking.

ELDERLY PERSON



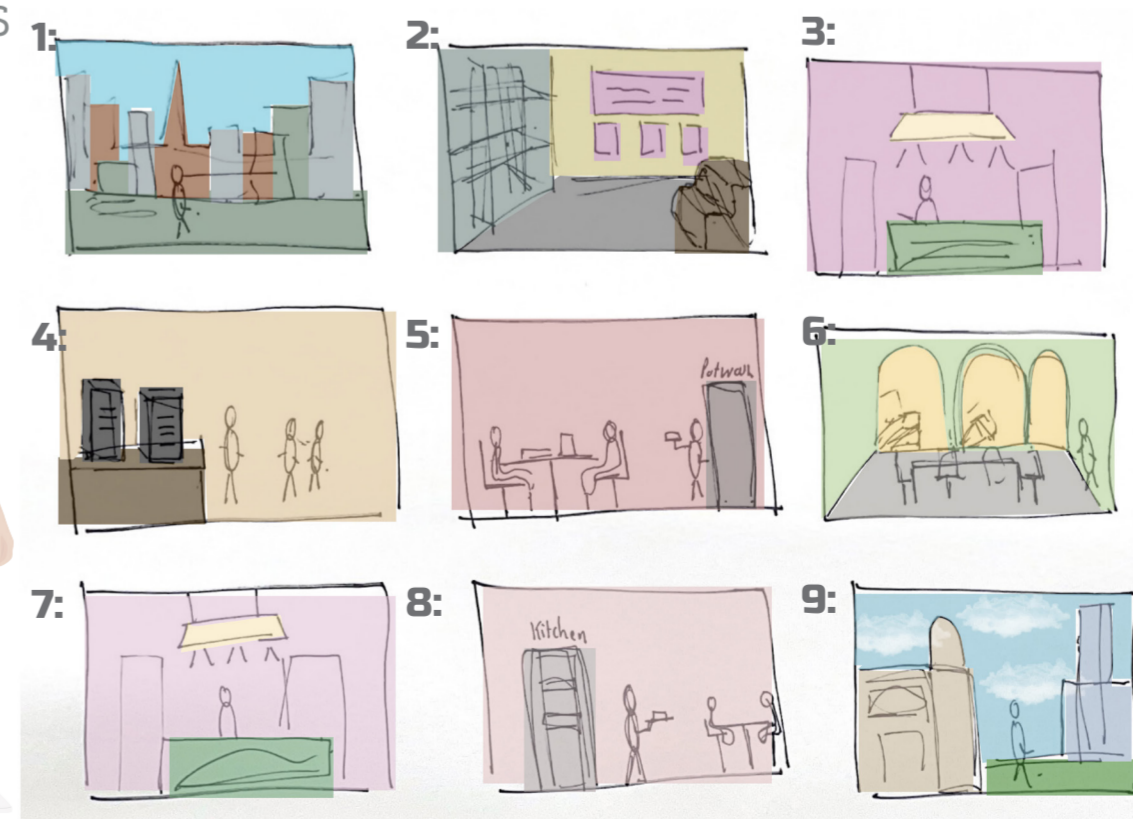
Evelyn visits the bakery on a weekly basis after shopping in the city centre. She finds it hard to connect with people her age, as she struggles to get out of the house due to her mobility issues. After her husband died she experienced loneliness, so she likes how she can visit the bakery and feel connected to the world again. She enjoys seeing the friendly staff and reminiscing about her childhood memories. Since visiting the bakery she has made friends with a group who tend to meet up weekly.

CHILDREN



Noah attends the school that works in partnership with the bakery and attends cooking sessions at the bakery with the school monthly. At first he was shy and found it hard to connect with the group, but after the first few sessions he found confidence to encourage the elderly user to move more freely around the space. He talks about his experience with his parents who have connected with the elderly users of the cooking sessions and now tend to meet up with them in the bakery on weekends.

EMPLOYEES



Rosie is a part-time employee of the bakery while studying at University in Birmingham. She likes to come to work to disconnect from the stress of uni work and connect with different people from different backgrounds. Rosie can sometimes get overwhelmed when the bakery is busy and sometimes needs to have a break. She likes to be on her own to reflect on her own thoughts. Sometimes she can find it overwhelming when more than one person is using the staff room at once, so having individual pods helps.

USER ENGAGEMENT

SKETCH EXPLORATION

The sketch on the right shows a bakery in denmark. The small scale of the bakery helps translate togetherness through mixed generational use, ultimately creating a community and promoting interaction between all.

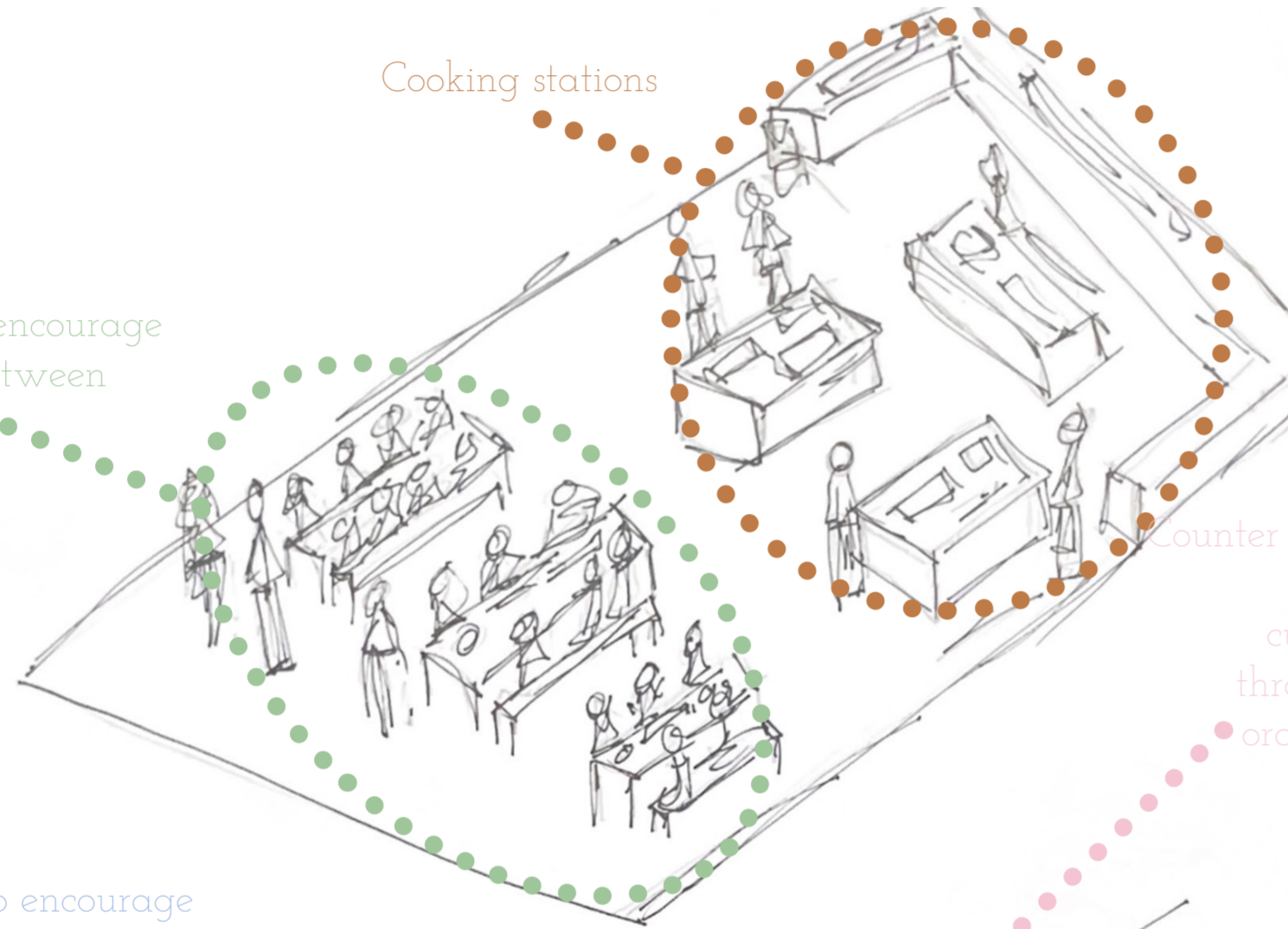
The sketch below shows the design will be separated across multiple floors to focus on connection between different generations and simple day to day interactions. The ground floor has focused on simple interactions between others like engaging at coffee machines or even at the counter. Having this on the ground floor will drive new customers to the space as it will be more accessible. These interactions have been inspired by primary research. The upper floors of the space will focus on bringing the community together through multi generational interactions through simple tasks like cooking and eating together. The concept for this space is for both generations to cook together then eat together on long tables to encourage further interactions. Younger children will benefit from the educational aspect of this by learning about the importance of healthy eating. The older generation will benefit from the interactions, reducing the risk of social isolation.



 LILLE BAKERY, COPENHAGEN

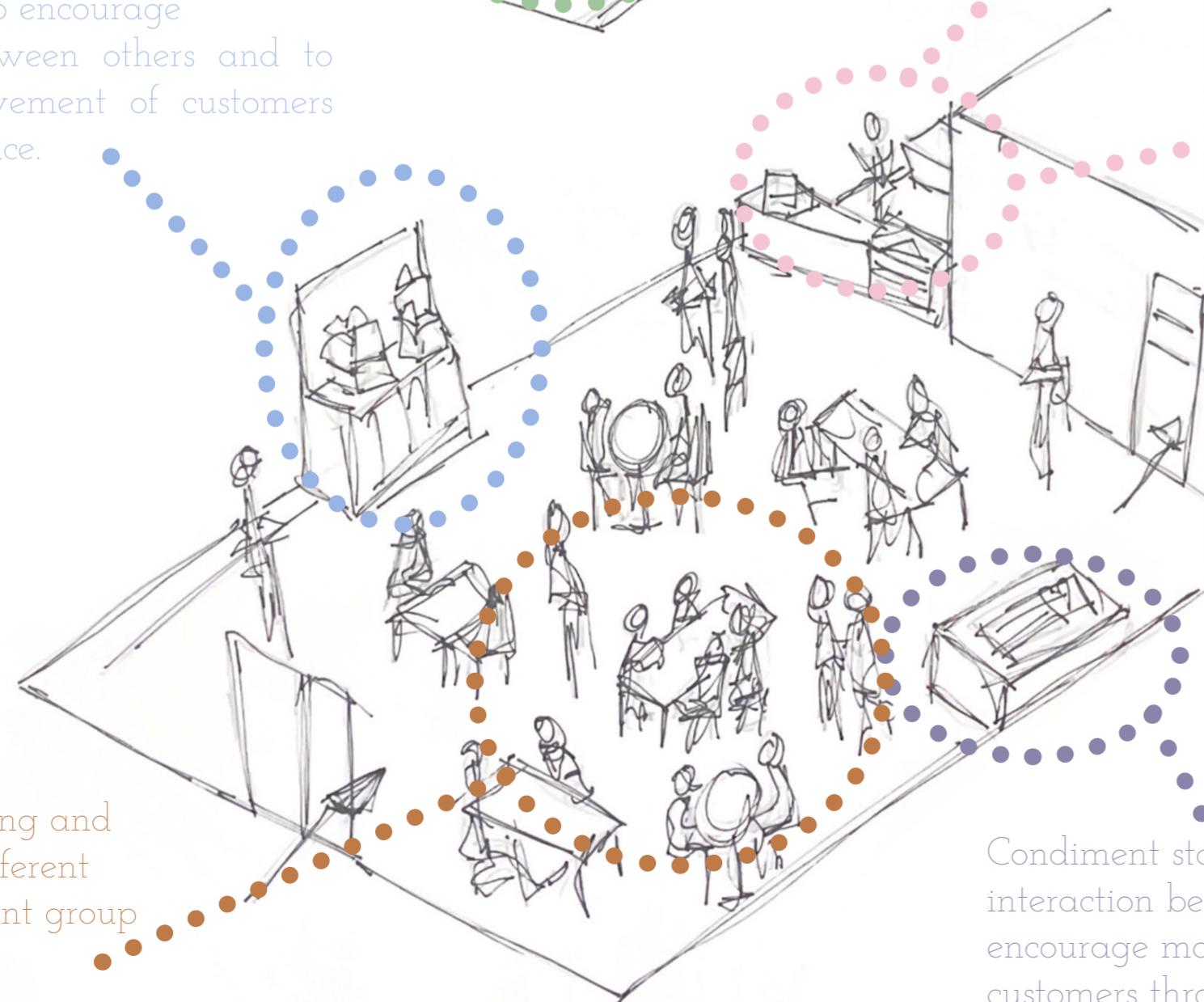
Cooking stations

Long tables to encourage conversation between strangers



Counter placed at the back of the building so customers have to pass through the space before ordering food and drink.

Coffee station to encourage interaction between others and to encourage movement of customers through the space.



The counter is placed in the direct eye line to the entrance so it is easily identifiable for customers when entering the space for the first time.

Tables for eating and drinking at different sizes for different group sizes of users.

Condiment station to encourage interaction between others and to encourage movement of customers through the space.



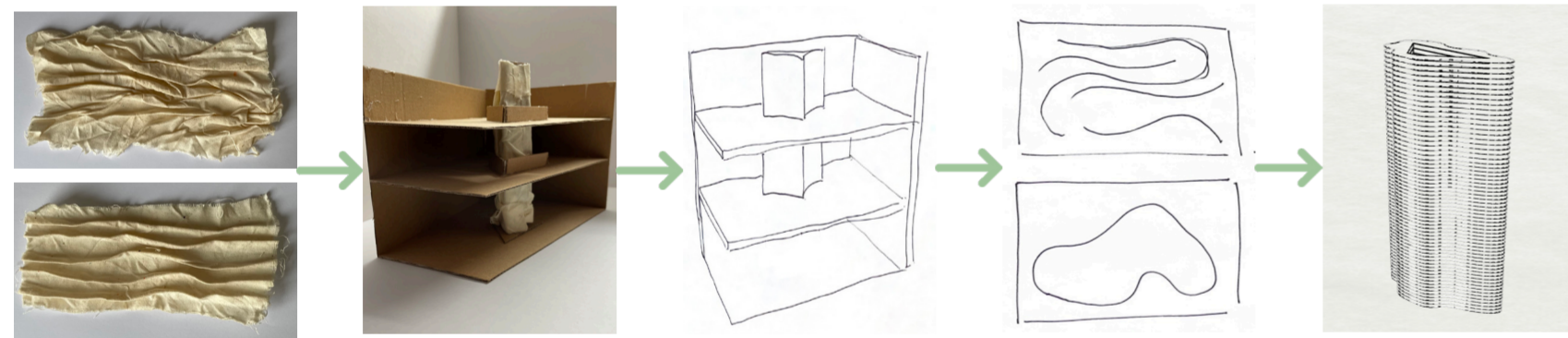
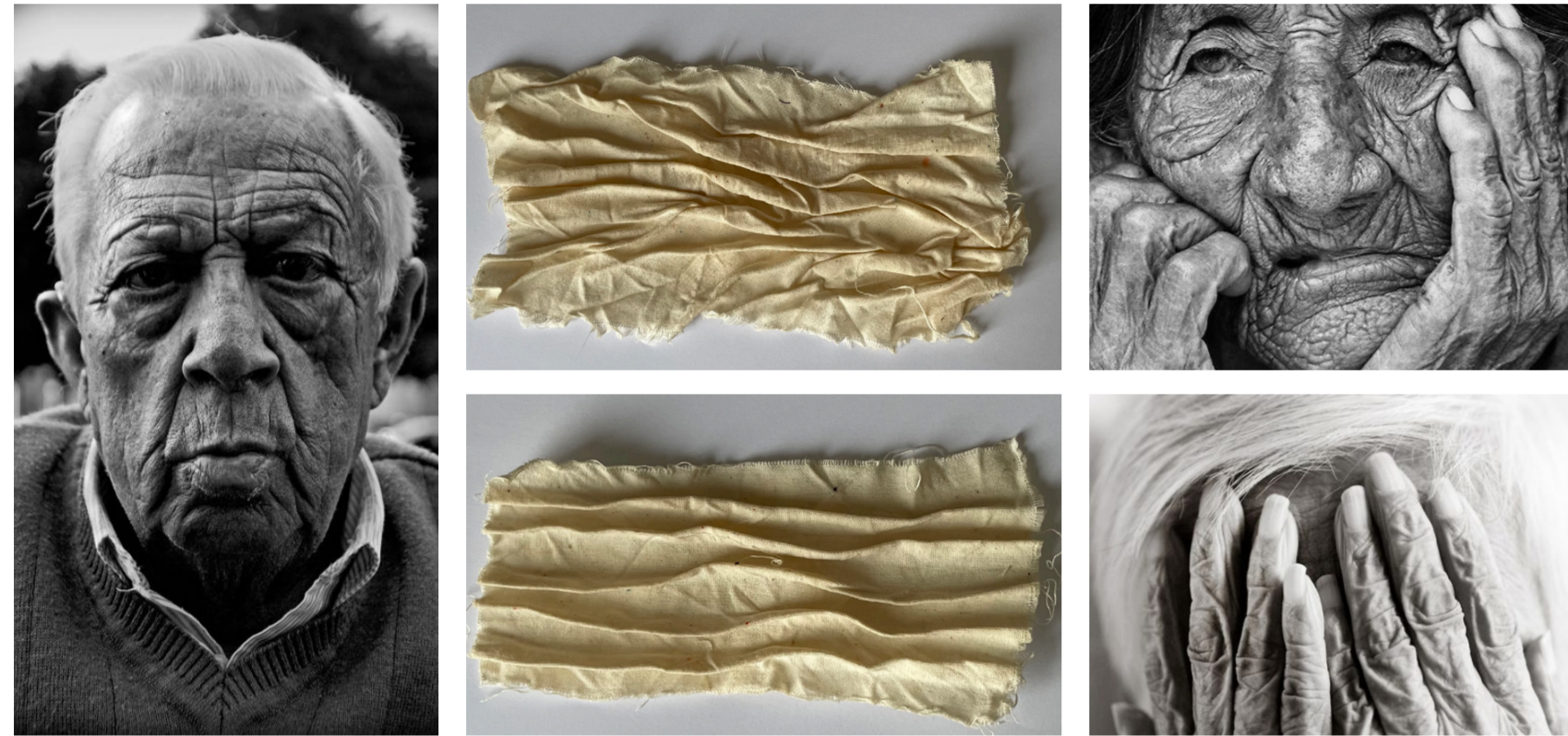
IMMERSIVE KITCHEN

THE JOURNEY

'THE PROCESS OF AGEING'

The conceptual aim for this project is to use the process of ageing to inspire and drive the project forward to create an immersive design that can engage all senses of the human body. This will further enhance the user experience by creating interactions through the space to benefit the users engagement and mental health.

Using images of elderly people to inspire mass model making by using glue and water to hold wrinkles in fabric. To develop this further into the project exploration into how this can be used to inspire forms in the building as well as circulation and zonal planning for the space.



The vertical feature on the second floor of the building was created to connect both floors together and to create a feature inspired by the concept 'the process of ageing'. The original idea included the feature being wrapped in a textured fabric with more dense textures being towards the bottom with the feature smoothing out towards the top of the feature. After consideration of how this feature could be created on a large scale did include research into different fabrics however fabric is a flimsy material it would be hard for the search to hold its texture and structure. The design has been adapted to a wooden feature including curves inspired by the original fabric samples. Using wood can ensure the material is able to be sourced sustainably while still having the original effect on the space. The choice of wood will mean the feature will be durable to touch and make it easily to be cleaned. The void and feature will only be accessible on the first and second floor due to the original features on the ground floor. But doing this will allow for the original history to be acknowledged in the design, obtaining the grandness of the building.



SECOND FLOOR:

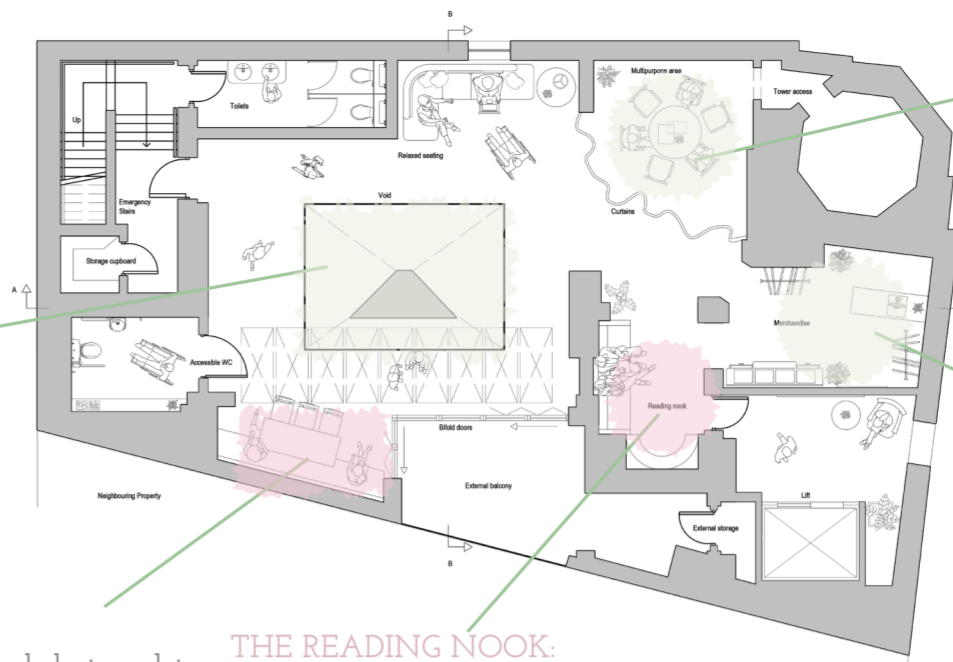
The aim of this space is to create a space for customers to retreat away from the busy city centre. Community groups can meet at this floor of the building forming connections wider than the bakery users.

THE VOID:

To create a connection between the first and second floor of the building a void has been added to this floor with a vertical feature running from the first floor to the second. This will allow for cooking smells to emerge upwards through the building allowing for sensory interactions.

BUILT IN SEATING:

This built-in seating has been added to the space and designed in a way to create a nook away from the rest of the space to make customers feel safe and relaxed while using the space.



MULTI PURPOSE AREA:

A formal seating space has been added to hold community meetings like a local book club. This space becomes an enclosed space by using a curtain which can be opened, creating an adaptable space depending on the use.

THE SHOP:

A space for the bakery merchandise to be sold to customers has been added to the second floor, so customers can buy souvenirs and to help generate revenue for the immersive kitchen experience on the second floor.

THE READING NOOK:

A reading nook has been added to this floor of the building for customers to engage in book swaps, creating a sense of community to the bakery.

FIRST FLOOR:

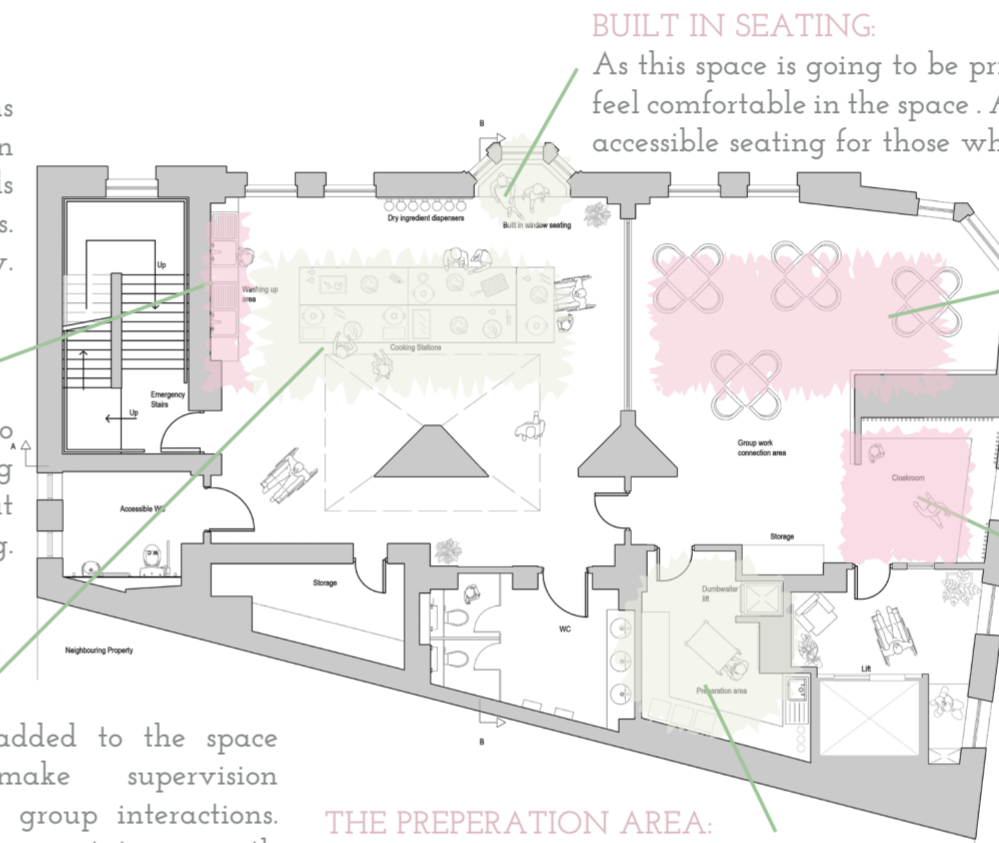
The aim of this space is to form connections between different users. This space will work in connection with local care homes and primary schools to help form interactions across multi generations. This will benefit all users mentally and physically.

WASHING AREA:

Two sinks have been added to the space to encourage users to wash up after the baking experience and to teach children about the importance of hygiene when cooking.

THE INTERACTIVE KITCHEN:

A long table of cooking stations has been added to the space rather than using individual stations to make supervision easier but to also create more of a focus on group interactions. At the end of the table a cooking station with adjustable heights has been added for those in wheelchairs to feel included in the experience.



BUILT IN SEATING:

As this space is going to be primarily used by elderly users it is important they feel comfortable in the space. A built-in window seat has been designed to create accessible seating for those who are unable to stand for a longer period of time.

GROUP CONNECTION AREA:

As the space is focusing on multi generation interactions a space has been added where groups can partake in activities away from the immersive kitchen.

THE CLOAKROOM:

A cloakroom has been added near the entrance of the space so users can leave coats and bags on arrival, so bags are not needed to be placed on the floor, removing any tripping hazards.

THE PREPERATION AREA:

Within the preparation area a dumbwaiter lift has been added, travelling from the basement through the ground floor to reach the first floor. This will make it easier for the employees and supervisors to organise and store ingredients in the basement of the building.

GROUND FLOOR:

The main aim for the bakery is to create a space for the local community to connect and interact with each other. The design has included small spaces to force people to interact to encourage the users to form connections with other users they wouldn't usually interact with.

INTERACTION HOTSPOT:

After considering the main aim of the bakery is to connect different users together, a long table has been added to the space to encourage people to sit together if they are visiting the bakery on their own and want to interact with different users.

ACCESSIBILITY:

An accessible toilet has been added to the ground floor with enough space for a baby change and pushchair to access, creating a better experience for the users.

To introduce another form of social interactions between employees and customers an open kitchen has been added to the space to encourage customers to engage and feel a part of the baking process.

SEATING OPTIONS:

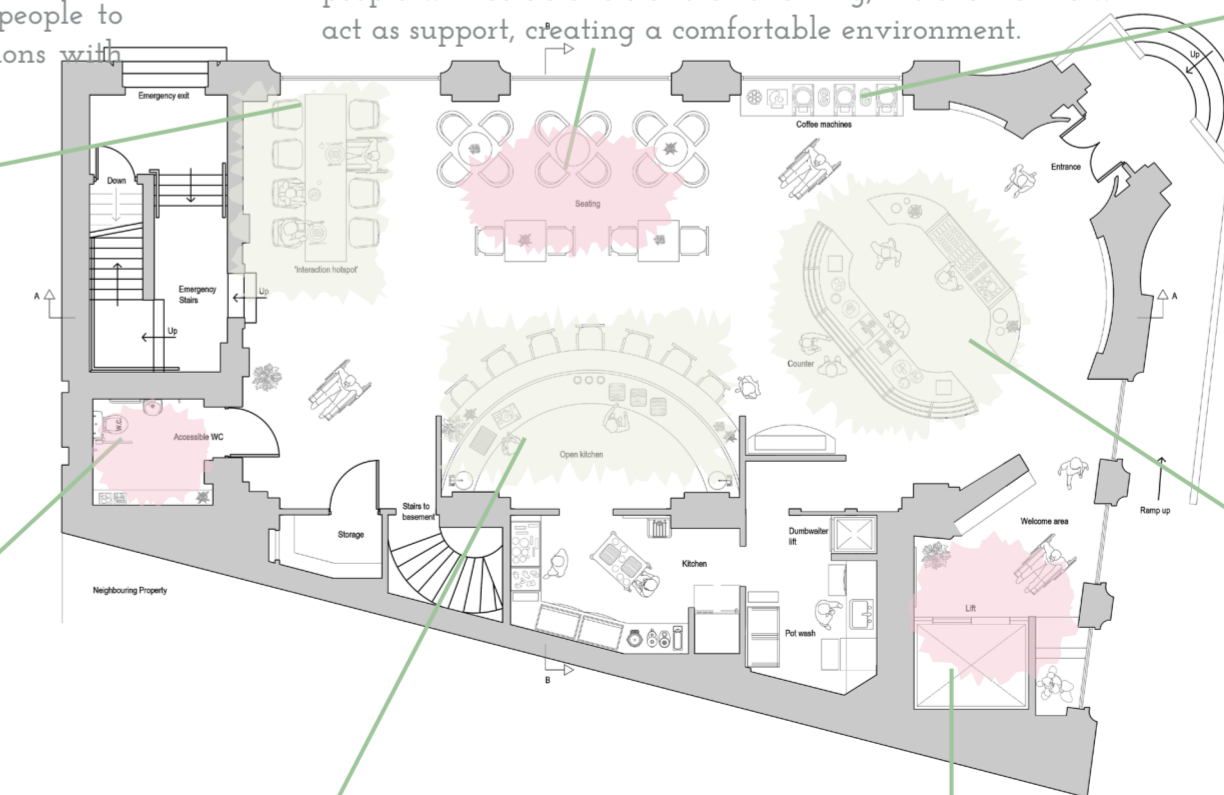
All seating options have been added in consideration to the users. All seats have been added to consider how people elderly people will be able to stand after sitting, the chair arms will act as support, creating a comfortable environment.

THE COFFEE STATIONS:

Reflecting on the primary research, coffee machines have been added to the space to encourage strangers to interact with each other. It has been placed near the counter, so employees are nearby if assistance is needed.

THE COUNTER:

The counter has been designed to create a welcoming space for visitors. Creating a two sided counter means visitors can be created by an employee before being served at the other side or beside the move to the welcoming area to reach the upper floors of the building.



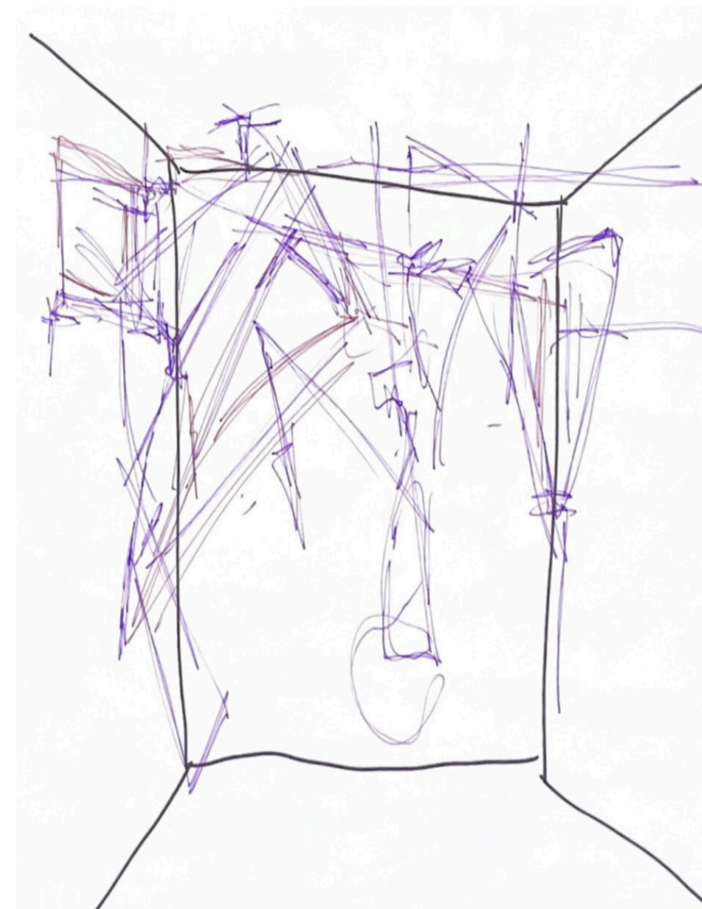
THE WELCOMING SPACE:

The lift has been moved to the other side of the building to create a smoother circulation of the building if customers are only using the upper floor of the building. The first floor will be used by children, this will keep them contained from the bakery, keeping the atmosphere calm and relaxing in the bakery.

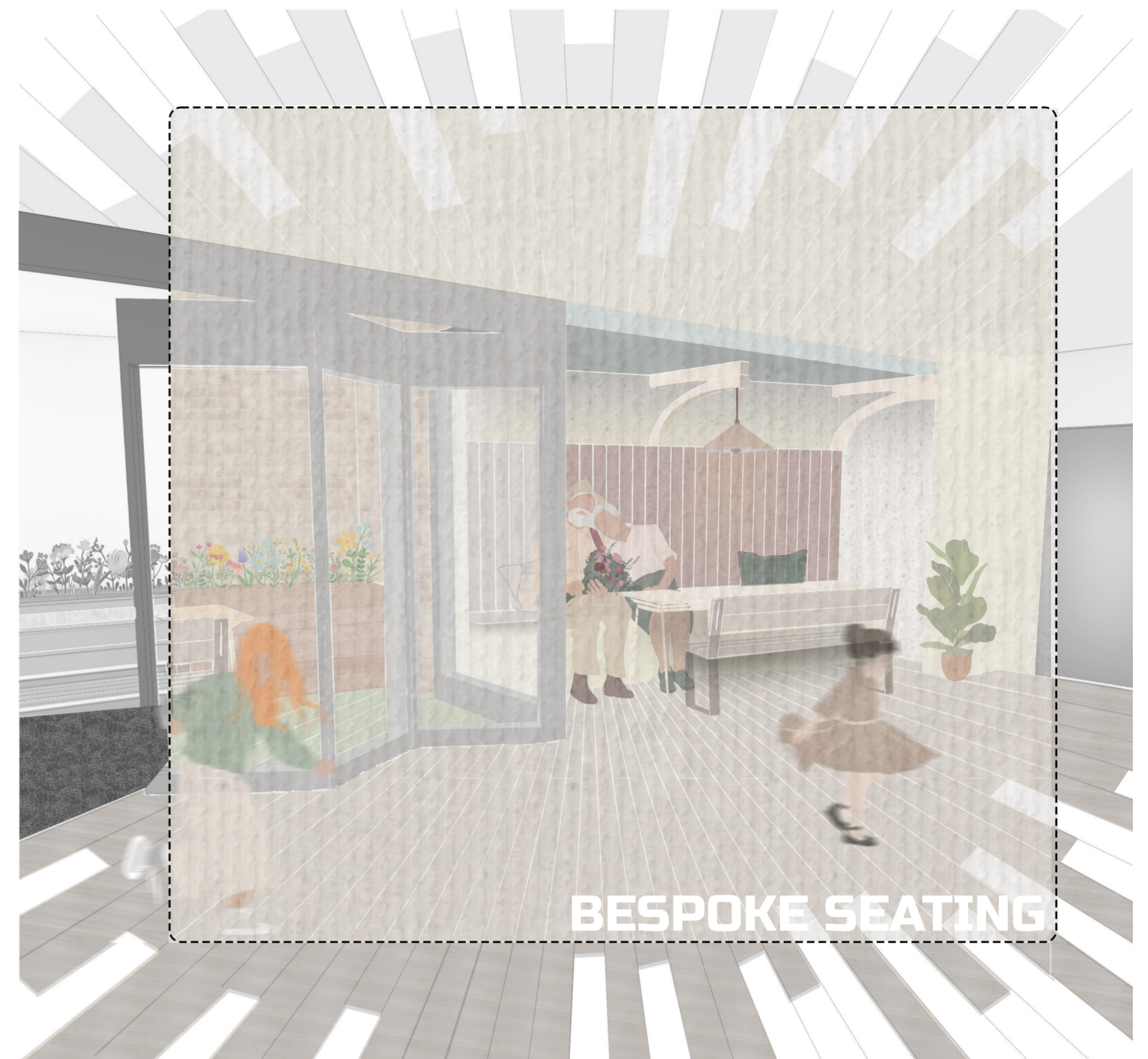
A COMFORTABLE EXPERIENCE

FURNITURE

As the target users of this space are the elderly generations it was important to consider the furniture of the space. The ground floor furniture has been laid out to ensure there is clear circulation throughout the bakery so that users with mobility issues can travel through the space independently and comfortably. Chairs have been chosen with backs and arms to provide support for costumes then sitting in the chairs, providing a comfortable experience for the customers.



 THE MEDICINE BAKERY, BIRMINGHAM



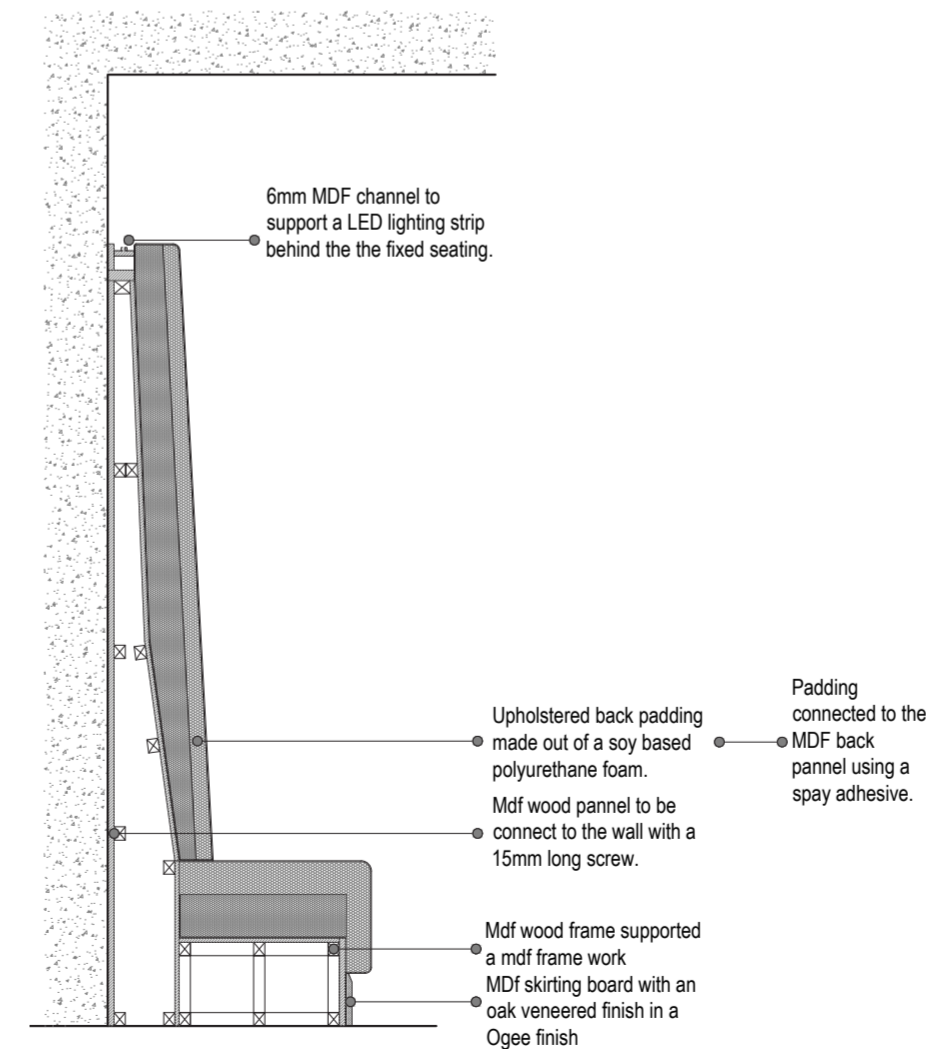
BESPOKE SEATING



THE BAKERY

BESPOKE FURNITURE BUILT IN SEATING

To further enhance the user experience and journey throughout the three floors of the building, bespoke built-in seating has been added throughout. Adding the seating throughout will create opportunities for interaction but also add spaces for users with mobility issues and a place to rest. The rendered visual above shows a built-in seating design on the second floor of the building. The high back of the seating provides back support, but also creates a cocooning effect to provide comfort, creating a relaxing experience.



Fixed seating
Section through detail
1:10 @ A1

LED channel detail
1:2 @ A1